

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.



JUL 6 1931  
U. S. Department of Agriculture

HOUSEKEEPERS' CHATS

Friday, July 17, 1931.

(NOT FOR PUBLICATION)

Subject: "Dinner for a July Sunday." Information from the Bureau of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes Revised." "Lamb As You Like It," and "Ice Creams Frozen Without Stirring."

--ooOoo--

Friday again. What shall we have for Sunday Dinner?

Is it really time for another menu? Why, I'm just getting my breath from telling you about the simple meal for Monday and the children's dinner for Wednesday.

What was that good old saying about women's work? Seems to me I remember also something about men may come and men may go but meals go on forever.

The feature dish of our Sunday dinner this week is fresh cherry salad. If the cherries haven't come in yet up your way, you can use canned cherries. They'll be good, but to my way of thinking, not quite so good. Fresh sweet cherries seem to contain just the right amount of tartness and sweetness for a salad, and they have a firmer texture. Also they combine beautifully with other fruits. More than that, they look so enticing. And when it comes to salad, the old saying that the eye does half the eating is doubly true.

Cherry salad, if it is to be a success, must be well chilled and never wet and watery. That is something to guard against in making any kind of fruit salad. Fruit juice is delicious in its place, but it looks untidy and unattractive, when it is escaping across the salad plate and setting the dressing afloat.

There are several ways to use large firm sweet cherries in salad. I'll tell you about them and then you can take your pick as to the one you prefer to use for your Sunday dinner. Chill the cherries in the refrigerator. Then cut them in halves, and remove the pits. Cherries when cut ~~darken~~ on standing, like apples, bananas and some other fruits. To prevent this discoloration, after pitting them put lemon juice over them. Or prepare them the last minute.



Cherries and fresh or canned pineapple make an excellent salad combination. Pitted cherries and diced pineapple may be mixed with cream salad dressing and piled on lettuce. Or the cherries and pineapple may be served on lettuce with several balls of slightly salted cream cheese.

Then someday when you have plenty of time and want to make a very fancy cherry and cheese salad, you can prepare stuffed cherries. Pit the cherries and stuff the cavity with cream or cottage cheese. The contrast between the red or yellow cherry and the white stuffing is very attractive. Put the stuffed chilled cherries on crisp green lettuce leaves and serve with cream salad dressing.

Question? Somebody wants to know what cream salad dressing is. It is a mixture of whipped cream and mayonnaise-- about half and half. And especially good with fruit salads of any kind. There is also another nice fruit salad dressing made with sour cream.

Didn't I give you that recipe awhile ago? That was an oversight. I certainly meant to.

Are your pencils handy? I'll give the recipe to you this minute then, for cooked sour cream dressing.

2 whole eggs, or 4 egg yolks  
1/4 cup of vinegar  
1 cup of sour cream  
1/2 tablespoon of sugar  
1/2 teaspoon of salt  
1/4 teaspoon of mustard  
1/4 teaspoon of paprika

Seven ingredients. Let me say them over once more. (Repeat).

To make the dressing, beat the eggs, add the other ingredients and mix thoroughly. Cook in a double boiler, and stir constantly until the mixture thickens.

Now we've discussed the cherry mixture and the dressing for our salad, but there are still a few remarks to be made about the greens. Only yesterday I sat and suffered through lunch because of some lettuce that was served to me. A good fruit salad, it was, ruined by a dab of greenery which was added by the way of garnish, I suppose, but it took away my appetite. That dilapidated little speck of lettuce looked as if it had been through several heat waves. It looked poor, benighted, woe-begone and all forlorn. Now you know you can't be happy eating a salad when the lettuce gives the impression that it has entirely lost its morale. I'm not finicky, but I am a bit touchy about my salads. The green part, I say, whether it is the basis of the salad or merely a garnish, should be crisp, dry, and thoroughly clean. After washing the leaves, place them in a clean towel and pat them dry. And be very gentle, about it, Evangeline.

The best method of keeping lettuce and other salad greens fresh and crisp after cleaning, is to put them in a tightly covered dish in the refrigerator. Never keep them--or any other food--in the ice compartment along with the ice.





So much for our feature dish. But there's the rest of the menu waiting to be told.

Lamb chops first. Better get your lamb leaflet out right now. Pages three and four have the Recipe Lady's own directions for broiling lamb chops, and if you can fix them any better than she can--well, you're one of this country's better cooks.

Lamb chops for the dinner, along with Boiled Potatoes in Cream Sauce served with chopped parsley; Mint Jelly, of course; Buttered Green Peas; Cherry Salad; and, for dessert, Ice Cream Sandwich.

I'll repeat the menu so you won't miss anything:

Broiled Lamb Chops; Potatoes in Cream Sauce with Parsley; Buttered Green Peas; Mint Jelly; Cherry Salad; and, for dessert, Ice Cream Sandwich.

The chops, as you know, are discussed in detail in the lamb leaflet. As most of you have a copy, there's no need for me to go into that subject. The ice cream sandwich is thoroughly discussed in the ice cream leaflet. So let's not pause to chat further about that.

But there are those potatoes in cream sauce. And though I know you have been making cream sauce since you were knee-high to a grasshopper, and therefore know all about it, still there are people-- I know it is hard to imagine it--but there really are several people in this world who cannot or do not make good cream sauce.

My life may have been harder than yours. I leave that to you. Perhaps I've run into more hazards in my time than most housekeepers,. But anyway I tell you truthfully that I have been served potatoes in lumpy cream sauce, potatoes in dark dreary cream sauce, and potatoes in thin watery cream sauce with a raw starch taste. So when I give a menu featuring potatoes creamed, I always feel like taking a long breath afterward and saying, "I do hope that cream sauce will be good."

There are, as you know, three main varieties of cream sauce--thin, medium and thick. Thin is for soup, medium is for creamed vegetables, and thick is for croquettes and so forth. Medium white sauce is made of two tablespoon of butter or other fat, 2 tablespoons of flour, and 1 cup of milk or other liquid. Also 1/4 teaspoon of salt.

The big "don't" in making cream sauce is that hot liquid must never be added to flour or starch by itself. Lumps invariably form if this is done. First, thoroughly combine the flour with the salt and melted fat. Then add the cold milk or other liquid, just a little at a time, with constant stirring to keep the mixture very smooth. Even during the rest of the cooking--which is always done in the double boiler--it does not pay to stop stirring until the sauce is quite done. The sauce should always be cooked until there is no taste of raw starch. And that will be about ten minutes in the double boiler.

Monday: "Eating on the Porch."

